FITSPHERE
Fuel Your Body, Elevate Your Life

INSPIRATION

FITSPHERE - A workout and diet application

An all-in-one fitness and diet app designed to help users crush their health goals. Get personalized workout plans, curated meal suggestions, and track progress — all in one place. Stay motivated with reminders, insights, and community challenges!

Motivation:
Build an app that empowers people to live healthier, happier lives. Every workout, meal, and progress milestone becomes a step toward personal transformation — and your app can be the guide that makes it all possible.
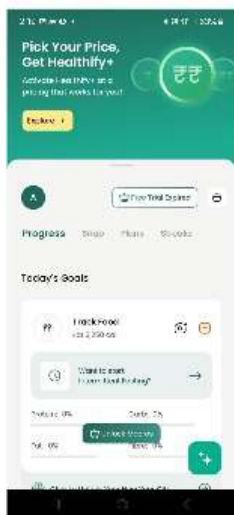
COLOURS

#006769 (Teal Green)
Significance: Strength, stability, and balance
Attributes: Represents deep wellness, trust, and calmness — perfect for grounding elements like headers or navigation bars
Usage: Primary buttons, headers, or section dividers

#40A578 (Medium Green)
Significance: Growth, vitality, and energy
Attributes: Reflects nature, freshness, and progress — ideal for active elements like progress bars or workout highlights
Usage: Success messages, active workout indicators, or feature highlights

#9DDE8B (Light Green)
Significance: Renewal, health, and freshness
Attributes: Evokes feelings of health, renewal, and positivity — great for cards, background accents, or meal suggestions
Usage: Background sections, cards, or subtle highlights

#E6FF94 (Lime Green)
Significance: Energy, optimism, and motivation
Attributes: Bright and vibrant, it boosts energy and excitement — perfect for calls to action or progress indicators
Usage: CTA buttons, workout reminders, or motivational elements

FONTS

Roboto

We chose **Roboto** for its clean, modern, and highly readable design, ensuring clarity in workouts and meal plans. Its smooth, balanced look enhances our minimal UI, making the app feel fresh, engaging, and easy to use across all devices. Perfect for a seamless fitness and nutrition experience!